

PEREGRINE 1637.

A New Almanacke and  
Prognostication, for the  
yeere of our Lord God,  
1637.

Being the next after the *Bissex-*  
*tile*, or Leape-yeere.

Calculated according to law-  
full Art, and rectified for the  
Elevation and Meridian of the Port,  
and most famous Haven-Towne  
of *New-castle upon Tyne*,  
in the North part of  
ENGLAND.

By A. PEREGRINE,  
*Astronomophilon.*

LONDON,  
Imprinted by F. K. for the Compa-  
ny of STATIONERS.

**The Common notes and moveable feasts,  
for this present yeere of Grace.**  
1637.

According to the  
old accompt used  
here in England.

The new Gregori-  
an accompt used be-  
yond Sea.

4	The Golden number	4
22	The Circle of the Sun	22
14	The Epact	4
2	The Dominicall letter	D
5	The Romane Indiction	5
19 February	Shrovetunday	February 22
9 Aprill	Easter day	Aprill 12
14 May	Ascension Sunday	May 17
18 May	Ascension day	May 21
28 May	Whitsunday	May 31
3 December	Advent Sunday	November 29

**Physicall Elections**

Take	Worms	The Moone or Signe in	♈ m ♀
	Glisters		♋ m ♀
	Gargarismes		♌ m ♀
	Preparatibes		♍ m ♀
	Stop Rhumes and fluxes		♎ m ♀
	Purge by needling		♏ m ♀

**Fit times for blood-letting.**

The Sanguine from the new moone to the first quarter  
The Cholericke, from the first quarter to the full  
The flegmaticke, from the full to the last quarter.  
The Melancholy, from the last quarter to the change.

**Dangerous times for blood-letting.**

In the heate of Summer, or cold of Winter, or when  
the Moone is in the Signe which governeth that part  
of the body you would let blood; Also within two dayes  
of the change, or full of the Moone.

caste, The beginning and ending of the Termes, with their  
 Returnes and Esfoyne dayes, dayes of Exception,  
 Returna Brevium, and dayes of appearance,  
 for this yeere, 1637:

Returne dayes, or dayes of Esfoyne.	dayes of Exception.	Returna Brevium.	Dayes of Appearance.
-------------------------------------	---------------------	------------------	----------------------

Hillary Terme beginneth the 23. of January, and endeth the 13. of February, and hath foure Returnes.

Octa Hillar.	Janu. 26	Janua. 21	Janua. 23	Janua. 25
Quind. Hillar.	Janu. 27	Janua. 28	Janua. 30	Janua. 30
Craft. Purif.	febr. 3	febr. 4	febr. 6	febr. 6
Octa. Purif.	febr. 9	febr. 10.	febr. 11	febr. 13

Easter Terme beginneth the 26. of Aprill, and endeth the 22. of May, and hath five Returnes.

Quind. Pasch.	April 24	April 24	April 25	April 26
Tres Pasch.	May 1	May 1.	May 2	May 3
Mense Pasch.	May 8	May 8	May 9	May 10
Quinq; Pasc.	May 15	May 15	May 16	May 17
Craft. Ascen.	May 19	May 20	May 22	May 22

Trinitie Terme beginneth the 9. of June, and endeth the 28. of June, and hath foure Returnes.

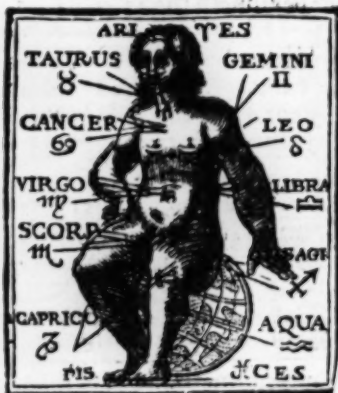
Craft. Trin.	June 5	June 6	June 7	June 8
Octa. Trin.	June 12	June 13	June 14	June 15
Quind. Trin.	June 19	June 20	June 21	June 21
Tres Trin.	June 26	June 26	June 27	June 28

Michaelmas Terme beginneth the 9. of October, and endeth the 28. of November, and hath 8. Returnes.

Octab. Mich.	Octob. 6	Octob. 7	Octob. 9	Octob. 9
Quind. Mich.	Octo. 13	Octob. 14	Octob. 16	Octob. 16
Tres Mich.	Octo. 20	Octob. 21	Octob. 23	Octob. 23
Mense Mich.	Octo. 27	Octob. 28	Octob. 30	Octob. 30
Craft. Anima.	Novē. 2	Novem. 3	Novem. 4	Novem. 6
Craft. Mart.	Novē. 11	Novem. 13	Novem. 15	Novem. 14
Octab. Mart.	Novē. 18	Novem. 20	Novem. 20	Novem. 21
Quind. Mart.	Novē. 25	Novem. 27	Novem. 27	Novem. 28

The Anatomie of Mans Body, as the  
parts thereof are governed by the  
12. Celestiall Signes.

Taurus,  
Neck and  
throate.  
Cancer,  
Breast,  
Stomack,  
and ribs.  
Virgo,  
Bowels,  
and belly  
Scorpio  
Secret  
members  
Capricorn  
Knees.



Aries, Head and face.

Gemini  
Armes &  
shoulders  
Leo,  
Heart &  
back.

Libra,  
Reines &  
loynes.  
Sagittarii,  
Thighes

Aquarius,  
Legs.

Pisces, the feet.

Bold fierce Aries ruleth head and face,  
In Necke and Throate doth Taurus challenge place :  
The twining Gemini's, governe Armes and Hands,  
The Breast and Stomacke Cancer she commands.  
Then lusty Leo hath the Backe and Heart,  
Bowels and Belly they are Virgo's part :  
In Loynes and Beynes is Libra's liberties,  
And Scorpio rules the Stones and Privities.  
The Thighes and Hanch is Sagittarius long,  
And both the Knees to Capricorne belong :  
Aquarius makes the Legges much aches feele,  
And Pisces rules the feele from Toe to Heele.



January hath xxxj. daues.

Warne meates and clothes this month are good,  
Take heed of Bathes and letting blood.

The 1. Day, Sun riseth at 8. and 1. min. sets at 3. & 59. min.  
The 15. Day, Sun riseth at 7. & 43. min. sets at 4. & 17. min.

1	A	Peter & Paul	Heart	11	D
2	b	Oct. Steph.	and	12	e
3	c	Oct. John	Backe	13	f
4	d	Oct. Innoc.	Belly and	14	g
5	e	Edward dep.	bowels	15	a
6	f	Twelve day	Lopnes and	16	b
7	g	Felix & Jan.	reyes	17	c
8	A	Lucian Virg.	Secrets	18	D
9	b	Joyce Virg.	and	19	e
10	c	Paul 1. h. er.	bladder	20	f
11	d	Sol in Aquari.	Thighes &	21	g
12	e	Archadius	hanches	22	a
13	f	Hilary Bish.	Knees	23	b
14	g	Ed comes in	Knees	24	c
15	A	Maurice	Knees	25	D
16	b	Marcel. bish.	Legges	26	e
17	c	Anthony dep.	Legges	27	f
18	d	Prisca Vir.	feete	28	g
19	e	Mollan bish.	feete	29	a
20	f	Feb. & Seb.	head	30	b
21	g	Agnes Vir.	and	31	c
22	A	Vincent mar.	face	1	D
23	b	Terme begins	Necke and	2	e
24	c	Timothy	throate	3	f
25	d	Con. of Paul	Armes and	4	g
26	e	Policarp. Bi.	hands	5	a
27	f	Agnes the 2.	Brest and	6	b
28	g	Valerius bi.	Stomacke	7	c
29	A	Theodo. pz.	Heart and	8	D
30	b	Barth. Du.	backe	9	e
31	c	Saturndine	Bowels	10	f

☾ Last quarter the 8. day, a quarter past 1. in the morning.

● Newmoon the 16. day, 3. quarters past 5. in the morning.

☾ First quarter the 23. day, a quarter past 3. after noone.

● Full moon the 30. day, 3. quarters past 8. in the morning.

February hath xxxviij. dayes.

Milke, Herbes and Fennish fowle deny;  
Purge not, nor use Phlebotomie.

1. Day, Sun riseth at 7. and 13. min. sets at 4. and 47. min.  
15. Day, Sun riseth at 6. and 46. min. sets at 5. and 14. min.

1	d	Widget fall	Belly	11	g
2	e	Burif. Mary	Loynes	12	a
3	f	Blase bish.	and	13	b
4	g	Gilbert	Weynes	14	c
5	a	Septuagesima	Secreys and	15	d
6	b	Med. goes out	bladder	16	e
7	c	Angulf	Thighes	17	f
8	d	Paul bish.	and	18	g
9	e	Apolina vir.	hanches	19	a
10	f	Sol in Pisces.	Knees	20	b
11	g	Sotheris	Knees	21	c
12	a	Sexagesima	Legs	22	d
13	b	Terme ends	Legs	23	e
14	c	Valentine	feete	24	f
15	d	Faustine	feete	25	g
16	e	Julian Virg.	feete	26	a
17	f	Samuell	head and	27	b
18	g	Hugh bish.	face	28	c
19	a	Shroue sund:	Pecke and	1	d
20	b	Mildred	throat	2	e
21	c	79 Martirs	Armes and	3	f
22	d	Peters chaire	hands	4	g
23	e	Holicar. b. fall	Brest and	5	a
24	f	S. Mathias	Stomacke	6	b
25	g	Altozine	Heart and	7	c
26	a	Quad. agesim	backe	8	d
27	b	Augustine bi	Bowels and	9	e
28	c	Osuald bi.	belly	10	f

( Last quar-  
ter the 6. day,  
a quarter past  
7. at night.

● New  
Moone the  
14. day, at  
10. at night.

) first quar  
ter the 21. day  
at 11. at night

● Full  
Moone the 28  
day, halfe an  
houre past 9  
at night.

March hath xxxi. dayes.

Grosse meates doe hurt, use foode that's fine.  
Let blood, and take some medecine.

1. Day, Sun riseth at 6. and 18. min. sets at 5. and 42. min.  
15. day, Sun riseth at 5. and 50. min. sets at 6. and 10. min.

1	d	David bish.	Welly		11	g
2	e	Chad bi.	Loynes and		12	a
3	f	Ember weeke	reynes		13	b
4	g	Adrian	Secrets &	(Last quar-	14	c
5	a	foocas & Cu	bladder	ter the 8. day,	15	d
6	b	Victor & Vict.	Thighes	3. quarters	16	e
7	c	Perpetue	and	past 5. at night	17	f
8	d	Felix Mart.	hanches		18	g
9	e	40 Martyrs	knees	● New	19	a
10	f	Agapite	knees	Moone the	20	b
11	g	Sol in aries	Legges	16 day, at 11.	21	c
12	a	Gregory	Legges	before noone	22	d
13	b	Theodoze	Legges		23	e
14	c	Candide	feete		24	f
15	d	Longine	feete	) first quar-	25	g
16	e	Bomface bi.	head and	ter the 23.	26	a
17	f	Patricke	face	day, 3. quar-	27	b
18	g	R Edward	hecke and	ters past 5. in	28	c
19	a	Jos. Mahul	thzoate	the-morning.	29	d
20	b	Cutbert	Armes and		30	e
21	c	Benedict	hands		31	f
22	d	Stradole	Breast and		1	g
23	e	Theodoze	stomacke		2	a
24	f	Agapit. fall	Heart	● Full	3	b
25	g	Annun Mary.	and	Moone the 30	4	c
26	a	Calloz mart.	backe	day, 3. quar-	5	d
27	b	init. Reg. Car.	Welly and	ters past 10.	6	e
28	c	Dorothe	bowels	before noone	7	f
29	d	Quintine	Loynes and		8	g
30	e	Quirine	reynes		9	a
31	f	Adeline	Secrets		10	b

Aprill hath xxx. dayes.

The blood being hot, coole hearbes now use,  
And March his preceptes not refuse.

1. Day, Sun riseth at 5. and 16. min. sets at 6. and 44. min.  
15. Day, Sun riseth at 4. and 51. min. sets at 7. and 9. min.

1	g	Gildard	Secrets &	11	e
2	a	Mary Egyp.	bladder	12	d
3	b	Richard bish.	Thighes &	13	e
4	c	Ambrose bish	hanches	14	f
5	d	Vincent	knees	15	g
6	e	Sextus bish.	knees	16	a
7	f	Euphemi.	knees	17	b
8	g	Egeppus	Legges	18	c
9	a	Easter day	Legges	19	d
10	b	Sol. in Taur.	feete	20	e
11	c	Guthlate	feete	21	f
12	d	Julius bish.	head	22	g
13	e	Zenon bish.	and	23	a
14	f	Dyfe	face	24	b
15	g	Oswald arch.	Necke and	25	c
16	a	Wed. comes in	throate	26	d
17	b	Anicete	Armes and	27	e
18	c	Cluthert. bi.	hands	28	f
19	d	Alphege	Brest and	29	g
20	e	Victor. bish.	stomache	30	a
21	f	Symeon	heart and	1	b
22	g	Bother. vir.	backe	2	c
23	a	S George	Belly and	3	d
24	b	Wilfride	bowels	4	e
25	c	S. Marke	Loynes	5	f
26	d	Terme begins	and	6	g
27	e	Anastatius	reynes	7	a
28	f	Vitalis	Secrets &	8	b
29	g	Peter mil.	bladder	9	c
30	a	Ernenwald	Thighes	10	d

Last quar-  
ter the 7. day,  
at 12. at noone

New  
Moon the 14  
day, at 9. at  
night.

First quar-  
ter the 21. day  
at 12. at noone.

Full moon  
the 28. day, 3.  
quarters past  
midnight,

May hath xxxi. dayes.

Put Sage in drinke, drinke Worme-wood-wine,  
Use Phyfickes helpe, walke mornings fine.

1. Day, Sun riseth at 4. and 23. min. sets at 7. and 37. min.  
15. Day, Sun riseth at 4. and 4. min. sets at 7. and 56. min.

1	b	Phil. & Jacob	Thighes	11	e
2	c	Athanasius	knees	12	f
3	d	Inven. crosse	knees	13	g
4	e	Christopher	knees	14	a
5	f	Goddard	Legges	15	b
6	g	John port lat.	Legges	16	c
7	a	Joh. Weberl.	Legges	17	d
8	b	Appa Mich.	feete	18	e
9	c	Trans. Mich	feete	19	f
10	d	Godian	head and	20	g
11	e	Sol. in Gem.	face	21	a
12	f	Anthony	Pecke and	22	b
13	g	Gerbatius	throate	23	c
14	a	Rogation Sun	Armes and	24	d
15	b	Med. goes ou	hands	25	e
16	c	Brandon bi.	Brest and	26	f
17	d	Bernard tra.	Stomache	27	g
18	e	Ascension day	Heart and	28	a
19	f	Dunstan con	backe	29	b
20	g	Barnardin.	Belly and	30	c
21	a	Ellen Queen	bowels	31	d
22	b	Terme ends	Loynes	1	e
23	c	Desiderii	and	2	f
24	d	Tran. fran.	repnes	3	g
25	e	Idelme	Secrets &	4	a
26	f	Wede p.	bladder	5	b
27	g	Germane bi.	Thighes	6	c
28	a	Whitelanday	and	7	d
29	b	Nichomede	haunches	8	e
30	c	Petronile	knees	9	f
31	d	Merius	knees	10	g

Last quar-  
ter the 7. day,  
a quarter past  
5. in the moyn

Newmoone  
the 14 day, at  
5. in the moyn

First quar-  
ter the 20 day  
halfe anhoure  
past 8. at night

Ful moone  
the 28 day, 3.  
quarters past  
3 afternoone.

Iune hath xxx. daues.

Let Phyficke goe, coole hearbes now take,  
Sweete drinckes and Venus now forsake.

1. Day, Sun riseth at 3. and 50. min. sets at 8. and 10. min.  
15. Day, Sun riseth at 3. and 47. min. sets at 8. and 13. min.

1	e	Pichomedes	Legges	11	a
2	f	Ember weeke	Legges	12	b
3	g	Eden comes in	Legges	13	c
4	a	Trinity Sund.	feete	14	d
5	b	Bonifactus	feete	15	e
6	c	Melontius	Head and	16	f
7	d	Colossian tran.	face	17	g
8	e	Corpus Chri.	Necke and	18	a
9	f	Terme begins	throate	19	b
10	g	Juan confel.	Armes and	20	c
11	a	Barnabe ab.	hands	21	d
12	b	Sol in Cancer	Brest and	22	e
13	c	Anthony	Stomacke	23	f
14	d	Basil bi.	Heart and	24	g
15	e	Modestus	backe	25	a
16	f	Crans Rich.	Belly	26	b
17	g	Butulph	and	27	c
18	a	Exuperius	bowels	28	d
19	b	Granatius	Loynes and	29	e
20	c	Ed. trans.	reynes	30	f
21	d	Walburge	Secrets &	1	g
22	e	Alban Mar.	bladder	2	a
23	f	Etheld. tau	Thighes	3	b
24	g	S. Iohn Bap.	and	4	c
25	a	Cle trans.	hanches	5	d
26	b	Iohn & Paul	Knees	6	e
27	c	Crescence	Knees	7	f
28	d	Term ends fast	Knees	8	g
29	e	S. Peter	Legges	9	a
30	f	Con. of Paul	Legges	10	b

( Last quar-  
ter the 5. day,  
at 6. at night.

● New  
Moone the 12  
day, a quar-  
ter past 12. at  
noone.

First quar-  
ter the 19. day  
at 6. in the  
morning.

● Full  
Moone the 27  
day, a quar-  
ter past 7. in  
the morning.

July hath xxxj. dayes.

Use Sallets fresh to coole the heate,  
And bath in Springs to cleanse the sweate.

1. Day, Sun riseth at 3. and 56. min. sets at 8. and 4. min.  
15. Day, Sun riseth at 4. and 12. min. sets at 7. and 48. min.

1	g	Oct. Joh. Ba.	Feete		11	c
2	A	Villr. of Ma.	Feete		12	D
3	b	Gregory	Head	(Last quar-	13	e
4	c	Martin tran.	and	ter the 5. day,	14	f
5	d	Zoe Wrig.	face	3. quarters	15	g
6	e	Octa of Pet.	Necke and	past 3. in the	16	a
7	f	Thomas tra.	throate	morning.	17	b
8	g	Gimbald	Armes and		18	c
9	A	Ciril bish.	hands	● New	19	D
10	b	7. Brethren	Brest and	Moone the 1	20	e
11	c	Benedict	Stomache	day at 7. at	21	f
12	d	Nabor & fe.	Heart and	night.	22	g
13	e	Sol. in Leo	backe		23	a
14	f	Bonavent	Bowels &		24	b
15	g	Swithin.	belly		25	c
16	A	Osmond	Loynes and	First quar-	26	D
17	b	Renelme	reynes	ter the 18. day	27	e
18	c	Arnulph	Secrets	a quarter past	28	f
19	d	Dog day beg.	and	6. at night.	29	g
20	e	Margeret	bladder		30	a
21	f	Praxed	Thighes &		31	b
22	g	Mary Mag.	hanches		1	c
23	A	Apoline	Knees		2	D
24	b	Christo. fall	Knees	● Full	3	e
25	c	James Apost.	Knees	Moone the 26	4	f
26	d	In Ma. mo.	Legges	day, a quarter	5	g
27	e	7. Sleepers	Legges	past 10. at	6	a
28	f	Samplon bi.	Feete	night.	7	b
29	g	Felix & fel.	Feete		8	c
30	A	Abdon	Feete		9	D
31	b	Germane	Head		10	e

August hath xxxj. dayes.

Fly Physicke and Phlebotomie,  
Eschew cold Bathes and Venerie.

1. Day, Sun riseth at 4. and 38. min. sets at 7. and 22. min.  
15. Day, Sun riseth at 5. and 4. min. sets at 6. and 56. min.

1	c	Lammes day	Head		11	f
2	d	Steph mar.	Necke and		12	g
3	e	Tris Steph.	throate	(Last quar-	13	a
4	f	Justin. prid.	Armes and	ter the 3 day,	14	b
5	g	Oswald	hands	halfe an houre	15	c
6	a	Tran. of Chz.	Brest and	past 11. before	16	d
7	b	Feast of Iesu	Stomacke	noone.	17	e
8	c	Ciracke	Heart and		18	f
9	d	Roman mart.	backe		19	g
10	e	Lawrence m.	Bowels and	● New moon	20	a
11	f	Tiburt mar.	belly	the 10. day, at	21	b
12	g	Clare Virg.	Lopnes	3. in the mo=	22	c
13	a	Sol in Virgo	and	ning.	23	d
14	b	Eusebius	reynes		24	e
15	c	Assum Mar.	Secrets &		25	f
16	d	Rochus mar.	bladder		26	g
17	e	Oct. Law.	Thighes		27	a
18	f	Agapite	and	(First quar-	28	b
19	g	Magnus	hanches	ter the 17. day	29	c
20	a	Lewes	knees	a quarter past	30	d
21	b	Bernard	knees	9 in the mo=	31	e
22	c	Privatius	Legges	ning.	1	f
23	d	Timoth, east.	Legges		2	g
24	e	Bartho. Apost.	Legges		3	a
25	f	Lodouicus	feete		4	b
26	g	Seberine	feete	● Full moon	5	c
27	a	Ruffine	Head and	the 25. day, 3	6	d
28	b	Augustine bi	face	quarters past	7	e
29	c	Dog daies end	Necke and	12. at noone.	8	f
30	d	Felix & Andz.	throate		9	g
31	e	Euthurge b.	Armes		10	a



September hath xxx. dayes.

Now drinke Goates milke, on ripe fruits feede ;  
(If neede require) Purge, Bath and Bleed.

1. Day, Sun riseth at 5. and 37. min. sets at 6. and 23. min.  
15. Day, Sun riseth at 6. and 4. min. sets at 5. and 56. min.

1	f	Giles Abbat	Armes and		11	b
2	g	Anthony	hands		12	c
3	a	Gregory	Brest and	☾ Last quar-	13	d
4	b	Cutburt	Stomacke	ter the 1. day,	14	e
5	c	Bertine	Heart and	at 6. in the	15	f
6	d	Eugenius	backe	evening.	16	g
7	e	Emurcius	Botwels and		17	a
8	f	Rat. of Mary	belly	● New	18	b
9	g	Corgonius	Lopnes and	Moone the 8.	19	c
10	a	Silvius	reynes	day, 3. quar-	20	d
11	b	Prothus	Secrets &	ters after 12.	21	e
12	c	Martian	bladder	at noone.	22	f
13	d	Sol. in Libra	Thighes	☾ first quar-	23	g
14	e	Holy Crof.	and	ter the 16. day	24	a
15	f	Ember weeke	hanches	at 4. in the	25	b
16	g	Edith Virg.	knees	morning.	26	c
17	a	Hugh	knees		27	d
18	b	Nicoz. & Coz.	Legges	● ful moone	28	e
19	c	January ma.	Legges	the 24. day, 3.	29	f
20	d	Eustace tall	Legges	quar. past 1. in	30	g
21	e	Mathew Apo.	feete	the morning.	1	a
22	f	Mauricius	feete		2	b
23	g	Cecilia Vir.	head and	☾ Last quar-	3	c
24	a	Andoche	face	ter the 30. day	4	d
25	b	Fermin.	Necke	halfe an houre	5	e
26	c	Cyprian	and	past 12 at mid-	6	f
27	d	Colm. & Da.	throate	night.	7	g
28	e	Creupe tall	Armes and		8	a
29	f	Michael Arch.	hands		9	b
30	g	Hierome pz.	Brest		10	c

# October hath xxxj. dayes.

Strong wine, hot Bathes, and spice that's good.  
Preserves our health; purge, and let blood.

1. Day, Sunne riseth at 6. and 36. min. sets at 5. 24. min.  
15. Day, Sun riseth at 7. and 3. min. sets at 4. and 57. min.

1	A	Remigius	Stomache	11	D
2	b	Leodegarius	Heart and	12	e
3	c	Candide	backe	13	f
4	d	Francis	Bowels and	14	g
5	e	Apollinary	belly	15	a
6	f	Naith virg.	Reyns and	16	b
7	g	Marc. & Mar.	loynes	17	c
8	A	Delagius	Secretes	18	D
9	b	Jerme begins	and	19	e
10	c	Cereon & Mi.	bladder	20	f
11	d	Picallus	Thighes &	21	g
12	e	Wilfride	hanches	22	a
13	f	Sol in Scorpio	knees	23	b
14	g	Calixtus	knees	24	c
15	A	Wolfran	knees	25	D
16	b	Michaelmon	Legges	26	e
17	c	Etheld. transf	Legges	27	f
18	d	Luke evang.	feete	28	g
19	e	Fridelwidge	feete	29	a
20	f	Altrebert	feete	30	b
21	g	11000. Virg.	head and	31	c
22	A	Mary Dol.	face	1	D
23	b	Romanus	Necke and	2	e
24	c	Maglozie	throate	3	f
25	d	Cris & Crisp.	Armes and	4	g
26	e	Ursula	hands	5	a
27	f	Floren. fast	Brest and	6	b
28	g	Simon & Iude	Stomache	7	c
29	A	Marcillus	Heart and	8	D
30	b	Germane	backe	9	e
31	c	Quintin. fast	Bowels	10	f

● New  
Moone the 8.  
day, at one in  
the morning.

● first quar.  
ter the 15. day  
halfe an houre  
past midnight

● Full  
Moone the  
23. day, a  
quarter past  
2. in the af-  
ternoone.

● Last quar.  
the 30. day, a  
quarter past  
8. in the mor-  
ning.

# November hath xxx. dayes.

From cold preserve thy head and feete,  
Abstaine from wine that's new and sweete.

1. Day, Sun riseth at 7. and 34. min. sets at 4. and 26. min.  
15. Day, Sun riseth at 7. and 55. min. sets at 4. and 5. min.

1	d	All Saints,	Belly		11	g
2	e	All Soules	Loynes		12	a
3	f	Alinifride	and		13	b
4	g	Amantius	reynes	● New	14	c
5	a	Powder trea.	Secrets &	Moone the 6.	15	d
6	b	Leonard	bladder	day, at 4. in	16	e
7	c	Wilbrode	Thighes	the afternoon.	17	f
8	d	4. Crowned	and		18	g
9	e	Theodore	hanches		19	a
10	f	Martine	knees	☾ first quar-	20	b
11	g	Martine bish.	knees	ter the 14. day	21	c
12	a	Sol. in Sagit.	Legges	a quarter past	22	d
13	b	Brice	Legges	8. at night.	23	e
14	c	Erken transf.	Legges		24	f
15	d	Macute	feete		25	g
16	e	Edmund	feete		26	a
17	f	S. Hugh.	head and		27	b
18	g	St. Martine	face	● full	28	c
19	a	Nat. K. Char.	Hecke and	Moone the	29	d
20	b	Edmund	throte	22. day, three	30	e
21	c	Pres. of Ma	Armes and	quarters past	1	f
22	d	Ciceli Virg.	hands	1 in the moy-	2	g
23	e	Clement	Brest and	ning.	3	a
24	f	Grylogon	Stomacke		4	b
25	g	Katherine	Heart	☾ Last quar-	5	c
26	a	Linus bish.	and	ter the 28. day	6	d
27	b	Agricola	backe	three quar-	7	e
28	c	Jerme ends	Bowels and	ters past 5. at	8	f
29	d	Saturn. fast	belly	night.	9	g
30	e	Andrew. Apo	Loynes		10	a

December hath xxxj. dayes.

Use meates that's warme, hot spice and wine,  
Invite the Poore to sup and dine.

1. Day, Sun riseth at 8. and 10. min. sets at 3. and 50. min.  
15. Day, Sun riseth at 8. and 13. min. sets at 3. and 47. min.

1	f	Eulegie bish.	Reynes	11	b
2	g	Libanus	Secrets &	12	c
3	h	Advent. Sund.	bladder	13	d
4	a	Barbara	Thighes	14	e
5	b	Sabbie bish.	and	15	f
6	c	Nicholas	hanches	16	g
7	d	Ambrose	knees	17	a
8	e	Conc. of Ma.	knees	18	b
9	f	Cyprian	Legges	19	c
10	g	Eulalie	Legges	20	d
11	a	Damase bish.	Legges	21	e
12	b	Sol in Capri.	feete	22	f
13	c	Luce virg.	feete	23	g
14	d	Otholy	head	24	a
15	e	Ember weeke	and	25	b
16	f	Daptentia	face	26	c
17	g	Lazarus	Neckie and	27	d
18	a	Gratian	throate	28	e
19	b	Venelia vir.	Armes and	29	f
20	c	Julian. salt	hands	30	g
21	d	Thomas Apo.	Brest and	31	a
22	e	30. Mart.	Stomache	1	b
23	f	Victor. Vir.	Heart and	2	c
24	g	Candide salt	backe	3	d
25	a	Christmas day	Bowels and	4	e
26	b	S. Stephen	belly	5	f
27	c	S. John Evan.	Loyues and	6	g
28	d	Innocents	reynes	7	a
29	e	Thom. Beck.	Secrets	8	b
30	f	James tranf.	and	9	c
31	g	Silvester	bladder	10	d

● **Neto**  
Moone the  
6. day, a quar-  
ter past 10. in  
the morning.

) **First quar-**  
ter the 14. day  
at 3. in the af-  
ternoone.

● **Full**  
Moone the 21  
day, 3. quar-  
ters past 12.  
at noone.

○ **Last quar-**  
ter the 28. day  
at 6. in the  
morning.

Peregrine. 1637.

A Prognostication for  
the Yeere of our Lord God  
1637. being the first after  
*Leape-yeere.*

Wherein is declared the state  
of the foure Quarters of the  
Yeere, with the *Eclipses*, and  
other things of good  
*Consequence.*

With many things collected  
out of diuers *Authors*, very neces-  
*sary for all sorts of people to un-*  
*derstand and know, both for*  
*their profit and delight.*

---

*Per An. Peregrinum & Astronomophilon.*

---

Imprinted at London by N. and Jo. Okes for  
the Company of Stationers. 1637.

THE HISTORY OF THE

PROGRESS OF THE

RELIGION OF THE

AMERICAN INDIANS

FROM THE FIRST

DISCOVERY OF THE

CONTINENT TO THE

PRESENT TIME

BY

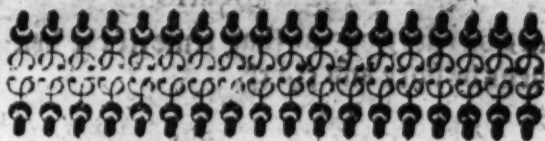
JOHN BARTRAM

OF THE

AMERICAN INDIAN

MISSIONS

IN THE



## A Prognostication.

### *The Eclipses of this yeere*

1637.

**H**ere will be three Eclipses of the two Luminaries this yeere; two of the Sunne, and one of the Moone: which are noted in the Seventh Columnne of mine Almanack, directly against the dayes wherupon they fall. And note that an Eclipse of the Sunne is nothing else but the interposition of the body of the Moone betwixt us and the Sunne. And likewise, an Eclipse of the Moone is nothing else but the interposition or dependency of the Earth, betwixt the Moone and the Sunne: So that the shadow of the Earth falling vpon her at that time, hindreth the Sunnes beames or light, that it cannot come unto her. The time of obscuration thereof is not very necessary to be set downe, because it may be obser-

## A Prognostication.

ned by euery one at that time, if the hea-  
uens be faire and clere.

Of the foure quarters of the yeere,  
*and first of Winter.*

**W**Inter, the first quarter Astronomi-  
call taketh his beginning when  
the Sun entreteth into Capricorne, during  
vntill hee haue gone to the latter part of  
Pisces: It is the coldest time of the yeere,  
and the colder and drier, the wholesomer;  
yet ouer much cold killeth trees in a  
warme region, especially such as be ten-  
der. A warme and moist Winter is vn-  
wholesome, and an enemy to husband-  
men; but reasonable store of Snow doth  
ranken the fields, and preserve corne.

The diseases of this quarter be pushed  
in the face, leprosie, tooth-ach, red-spots,  
feuers, the scab, fluxes of blood by the  
inferior parts, paines of the eyes, palsies,  
gouts, and such like.

Of the Spring.

**T**he Spring is the most comfortable  
quarter in all the yeere, and is of na-  
ture warme and moist, for then the Sun  
draweth



by which neere to the Zenith, comming towards the starres of a warme nature, and then the East-windes blow dispersing the superfluous humors, making the earth apt to bring forth all things to the good and comfort of man: This quarter beginneth when the Sunne entred into Aries, at what time the dayes and nights be equall, and continueth until the 12 of June, at what time the Sunne hath run through Aries, Taurus, and Gemini; if the Spring be much moist, the fruits will be rotten and scarce, but weeds will abound; if hot, the trees soone bring forth leaues; the fruits of that quarter, as Cherries, &c. will soone be ripe, which being not gathered before their full maturity, will be subject to wormes, especially in warme regions. but it is seldome with us, though frequent in Italy: Roses will be scroome, but not so sweet; and all such things shall better please the sight, then the sent or taste: if it be cold and dry, there will boare frosts fall in the end of the quarter, according to the full Moone, the wine & fruits will be scarce, being dry & not hot, fruites will be scarce, but good, with want of graine; if it be cold, the fruites will be late riping; if it be wet with much South

## A Prognostication;

winde, and the former Winter dry with  
Southern winds, the next Summer will  
happenagues, and blindness, dropping of  
the eyes, and paine of the bowels. A dry  
Spring, with much Southern windes,  
4 a wet Winter full of Southern windes  
going before, causeth women with childe  
to be deliuered before their time, or to  
bryng forth weake children Gal. 1. 3.  
Aphor. 3. So that if the Quarter varie  
from his proper nature, the commodities  
of them be made worse and scarce: the or-  
dinary diseases of this quarter be lepro-  
sies, red spots, tooth-ach, fevers of blood,  
pustles or wheales in the face, small pox,  
ring-wormes, falling sicknesses, paines  
in the throat and necke, the kings euill,  
wens, griefes in the shoulders and armes  
caused by blood.

### Of Summer.

Summer is of nature hot and dry like  
the fiery Triplicity, or like the Chole-  
rick: It taketh beginning when the Sun  
entreteth Cancer, continuing untill he  
haue passed ouer Cancer. 1. 29. and Virgo,  
and now is rage and choler most aboun-  
ding, being the hottest time in the yeere:  
but

but in the beginning there rise certaine  
 Starres in Cancer, whose vertue is to  
 make moist, especially Aselli; so that the  
 Sunne comming to them, some raine fal-  
 leth to fructifie the earth: but comming  
 to Leo, being nere Syrius & Procyon, stars  
 of a warme nature, the heate groweth  
 most vehement; to temperate which the  
 Etesian winds blow. Lastly, comming to  
 Virgo, which is a barren signe, the constel-  
 lation of Arcturus rising, a mitigation of  
 heate is produced with some raine.

If Summer bee ouer wet, the Summer  
 fruits shall putrisie, and there will be but  
 small store of graine, there will be many  
 sicknesses: if it be onely dry, there will  
 happen want of grains, and Summer  
 fruits will be wholesome: the fishes that  
 dye in waters, great sicknesses will hap-  
 pen. If it exceed in heat, many sicknesses  
 also will happen, with great store of Sum-  
 mer fruits. If (to conclude) it be cold, the  
 yeere will be wholesome, but the frutes  
 rotten. This quarter, as it is hot, and  
 dry in nature, so doth it accordingly alter  
 the humors in mans body, bringing all  
 fruits to their ripenesse, cattell to their  
 fatnesse, and men to their wealth: the  
 sicknesses agreeing to the nature thereof,

## A Prognostication,

bee griefes and torments about y<sup>e</sup> breast, ribs, and spleene, pusshes, leprosie, & diseases of the face, as in the Spring: bleard and sore eyes, with other impediments therein, the pleurisie, cough, heart, & stomacke aking, sorrow, variations, fevers of blood, Apostumes, Pestilence, fevers, the Jaundise, paines in the belly & secret parts, with other infirmities proceeding of melancholy.

### Of Autumne.

**A**utumne is the fourth & last quarter Astronomically, (but the third according to our English accompt) by nature is cold and dry, melancholy, like old age, resembling the Element of the earth, beginning at the Sunnes first increase into Libra, producing thereby a second Equinoctiall coequating y<sup>e</sup> daies with y<sup>e</sup> nights, which may also bee called our second Spring, making an apt time to take Phlegm, bleed, &c. But in that Libra is a signe of y<sup>e</sup> Airy Triplexity, there is produced heat with temperate moisture, but comming to Scorpio, the aire is made more cold and moist: for Scorpio is of the watry Triplexity: but comming to Sagittarius, a signe of the

the fiery Triplicity, accompanied with certaine starres of a warme nature, there is made a restraint of the extremity of wet, and cold; for the good of such as sow and plow,

If Autumne be most moist, grapes will bee putrified, and wine bad; if it end be wet, there will be want of fruit the ensuing yeare: if the beginning be dry, there will be penuria Milij: if hot, many sicknesses and evils; if cold, there is losse of Harvest-fruits in quantity, sapor, & beauty. The diseases of this quarter properly be paines in the backe, darknesse of sight, retention of urine, fluxes of blood, paines of the back & priuie parts, with infirmities in the face, as in the Spring, also the Canker, Fistulaes, Cimerodes, the Stone and gravell, feuers of blood, and impediments in the eyes.

Of the foure Quarter-Sessions of the yeare, according to the provision of the Statute. 2. Henry 5. Cap. 4.

**O**ver all þ Realme the Sessions shall be in the first weeke after þ feast of St. Michael, and in the first weeke after the Epiphany, and in the first weeke after the claufe of Easter, and in the first weeke

## A Prognostication.

weeke after the translation of St. Thomas  
 the Martyr, which is the seventh of July:  
 That is to say after the clause of euery of  
 y<sup>e</sup> said feasts: for that which is said of Ea-  
 ster, is meant and intended concerning  
 all the rest of the feasts. And the Statute  
 saith, in prima Septimana post festum.  
 Ergo non in ipsa eademq; Septimana festi.  
 Nam Septimus dies inclusive a die festo  
 claudit festum. (Ostenditq; Utas dicitur.  
 For the word Septimana significeth seven  
 mornings. And therefore when the Ses-  
 sions are kept within the selfe-same  
 weeke wherein the feast falleth (which is  
 the Basis of y<sup>e</sup> same Sessions) the directi-  
 on of the Statute is thereby frustrate and  
 made void. Thus much under fauour;  
 the word (after) expounding it selfe. So  
 y<sup>e</sup> if y<sup>e</sup> three feasts (besides Easter) fall up-  
 on Wednesday (for they are all upon one  
 day of the weeke unless it be leap-yeere)  
 then the Tuesday after is the clause of y<sup>e</sup>  
 feast, and the Wednesday following the  
 day of the Sessions. But if in case the  
 three feasts aboue said shal fall vpon Thurs-  
 day, then the Wednesday after is the con-  
 clusion of the feast, and the Wednesday  
 next after the day of the Sessions ac-  
 cording to the intent of y<sup>e</sup> Statute. And y<sup>e</sup>

Lato

Law of God saith, Seven dayes shalt thou keepe a feast unto the Lord thy God; Deut. 16. 15. According to which rule the severall dayes of the Sessions are placed in the seventh columnne of mine Almanack. Yet doe I not write this, because I would seeme to be singular, or prescribe a law; but so farre as the Statute expounds it selfe, and for the good of my countrymen, inho ( peradventure not bearing the Proclamation of  $\hat{y}$  Sessions, and having businesse thereat) may take notice hereby. Formerly published by Master L. V. & now continued by me in *idem* verbis.

Starre-chamber dayes.

**W**ednesday and Friday throughout every Terme-time are Star-chamber dayes: Note also, that if any Terme end not upon a Wednesday or Friday, then the next Wednesday or Friday after the ending of the Terme, is a Star-chamber day. But if a holy day fall upon a Wednesday or Friday in the Terme-time, then the Star-chamber day is kept upon the holy Eve.

Of the day both Naturall and Artificiall, and their divers beginnings.

**T**he day is of two sorts, Naturall and Artificiall: the Naturall day is the space



## A Prognostication.

space of 24 houres, in which time the Sun is carryed by the first Mover, from the East into the West, and so round about the World into the East againe.

The Artificiall day continueth from Sun rising to Sun setting: and the Artificiall night is from the Sun setting to his rising. And you must note, that this Natural day, according to diuers, hath diuers beginnings: as the Romans count it from mid-night to midnight, because at y<sup>e</sup> time our Lord was bozne, being Sunday; and so do we account it for fasting dayes. The Arabians begin their day at none, and end at noone the next day: for because they say the Sun was made in the Meridian; and so doe all Astronomers account the day, because it alwayes falleth at one certaine time. The Umbrians, the Tuscans, the Jewes, the Athenians, Italians, and Egyptians doe begin their day at Sun-set, and so doe wee celebrate festiuall dayes. The Babylonians, Persians, and Bohemians begin their day at Sun rising, holding till Sun setting; and so doe our Lawyers count it in England. The Physicians diuide the day into foure quarters: the first is from the 9<sup>th</sup> houre of the night to the 3<sup>rd</sup> houre of day, warme and moist, moving  
to



Peregrine. 1637.

to Sanguine. The second is from the 3  
houre of the Artificiall day, to the 9 houre,  
warme & dry, increasing choler. The  
thirde is from the 9 houre to the 3 houre  
of the night, cold and dry, begetting me-  
lancholy. The fourth is from the 3 houre  
of the night, to the 9 againe, cold and  
moist, causing flegme.

Joannes de sacro Bosco diuides the Arti-  
ficiall day thus into 4 quarters, calling  
the first Rubens, the second Splendens, the  
thirde Urens, and the fourth Tepens: where-  
upon the Sun is sained to haue Hor-  
ses, Eous, Lampas, Pyrois, and Phlegon.  
The Iewes began at Sun-rising, and di-  
uided the Artificiall day into 4 quarters,  
allosing to euery quarter 3 houres, where-  
by also they diuided 6 day Artificiall into  
12 equall parts, calling euery part an  
houre, and beginning at Sun-rising: so  
that 12 a clock, or high none was their  
6 houre, and Sun-set their 12 houre: so  
that where the Scriptures say: The Ague  
left him the seventh houre, that is, at one  
a clock: So the labourers that came into  
the Vineyard at the 11 houre, came at  
foue of the clock: but by this foue a clock  
is meant the houre of the Artificiall day,  
and not the Naturall day; the which is  
knowne

## A Prognostication.

knowne according to the time of the  
yeere: for the Artificiall day is done some  
time of the yeare before five.

Of the names of the Dayes, and  
*their Etymology.*

**T**he Jewes call their first day Sab-  
batum, the next Prima Sabbati: the  
next Secunda Sabbati, &c. according as it  
is written: Mane prima Sabbati surgens  
Dei filius: that is the first day after the  
Sabbath, which is our Sunday, upon which  
day the Romans (calling the Planets  
Gods) began their account; calling the  
first the day of the Sunne, the next of  $\phi$   
Moone, the next of Mars, the next of Mer-  
cury, the fifth of Jupiter, the first of Venus,  
and the last of Saturne: If it skiping to  $\phi$   
3 Planet, because the 24 houres in  $\phi$  Arti-  
ficiall day and night, are given to  $\phi$  7 Pla-  
nets successively: So that if Sol rule the  
first houre upon Sunday, as he must, because  
it is his alone day; then Venus hath the  
next, and so proceed, giving every of the  
24 houres a Planet in true succession, and  
you shall finde, that  $\phi$  24 houre, which be-  
cometh Sunday, falleth to the Sonne,  
therefore if any day be denominated by a-  
ny one Planet, the next day following  
taketh denomination of the third Planet  
next

next following ; which order after the Christians observed. And you shall note; that a day, in Latine called Dies, is so called à Δις, which is Clarus: or à Duo, which is Duo : because the naturall day is divided into parts, to wit, into Day & Night. Or it may be called Dies à Dijs : For Planets bee called Dij ( Gods ) whereof the dayes take their names.

Nox, the Night, is so called à Nocceo, noces, because it is tempus nocentibus aptum, a fit-time to doe hurt & mischief.

Of the *Week*.

**A** Week hath diuers names: in Latine it is called Septimana, a Septem, and Mane, as it were, having Septem matutina tempora, seven mornings. And so pars is taken pro toto. It is also called Hebdomada, ab ἑβδ, which is Septem, as containing seven daies. It is also called Sabbatum by the Jewes, and therefore it is said in Scripture, Jejuno his in Sabbato, &c. whereby Sabbatum is *Æquiuocum* ad totam septimanam. And you must note, that the Jewes Sabbath day was Saturday : but the Christians observed Sunday for to begin their week, because on that day our Lord was borne, rose, and sent his Holy Ghost upon his Apostles.

Of

## A Prognostication.

Of a Moneth Solar, and Usual.

**O**f Moneths there be three kinds, Solar, Lunar, and Usual. The Solar Moneth is the space of time that the Sun runneth through one signe of our Zodiack, being 30 dayes.

The Usual Moneth is the number of dayes, according as they be in our Calendar: and amongst the Latines, Romulus first distinguished the moneths, dividing the yeare into 10 Moneths, because in that time a woman may bring forth a childe, or because (during that time) it was not fit for a woman to marry after the death of her husband.

The first Moneth he called Martius a Marce, of Mars his Father, or rather of Mars, in respect of Warre, because as then the Roman Kings were used to proceed in expeditions: For it is rather thought that Amulius was Romulus his father, then Mars; Amulius being his Uncle.

The next Moneth he called April, ab aperiendo, because then the pores of the earth opened. The third is May a Maioribus: the fourth Iunius a Junioribus. The rest of the Moneths were called Quintilis, Sextilis, September, October, November, and December, because they were 5, 6, &c.

Moneths

Moneths distant from March. But after  
 Numa Pompilius added 2 more Moneths  
 to make them twelue; calling the one Ja-  
 nuary, à Janua, because as you passe per Ja-  
 nuam in atrium, so per Ianuarius in annum.  
 Of Janus the God of Merchandize, who  
 hauing two faces, so January hath two re-  
 spects; the one to the yeare past, the other  
 to the yeare to come. The other Moneth  
 he called February, à Februo, that is, à Plu-  
 tone: because then the Romans offered sa-  
 crifice to Pluto, and the internall Gods for  
 the soules of their Ancestors; or it is cal-  
 led February, à Febre; because as then in  
 warme regions, men were accustomed  
 Febricitare, that is to be sicke of an Ague:  
 so also may September be said, quasi septi-  
 mus ab imbre, which is, à tempore pluuioso.  
 And to these Moneths hee gaue some  
 30 dayes, others 31 dayes orderly, so that  
 when he came to Ianuary, he wanted a day;  
 which he toke frō February, which he re-  
 stozed againe in y Leap-yeere. Then com-  
 meth Iulius Caesar, & altereth the Moneth  
 Quintilis to Iuly, calling it after his name,  
 for that he was bozne in y Moneth. After  
 whom commeth Augustus, & calleth the  
 Moneth Sextilis Augustus after his owne  
 name; and grubbing y his Moneth August  
 should

## A Prognostication.

should haue lesser dayes in it than Ca-far  
moneth, he taketh another day from Fe-  
bruary, adding y same to August, and there-  
by lett February but 28 dayes, whereby he  
dtd disorder y dayes of y moneth y before  
std consist of 30 & 31 dayes successinely,  
making July, August, and September haue  
31 dayes altogether, and February but 28  
dayes: wherefore to auoid this incommen-  
ency, he was forced to take a day from  
September, giuing it to October, and ano-  
ther from November to December. The  
which ordination of y moneths, and pos-  
tion of dayes, is bled to this present time,  
acordyng to these verses,

*Se. No. lun) ap. doro triginta: reliquis magis uno:  
Nisi bissexilis, Februus minor est a duobus.*

But thirty dayes hath September,  
With April, Iune, and November:  
Feb. hath eight and twenty alone,  
And all the rest thirty and one.  
Unlesse when as it is Leap-yeere,  
Then Feb. hath nine and twenty meete.

Of the Lunar Moneth, and the diuer-  
sities thereof.

**O**f Moneths Ioan. de sacro Bosco no-  
teth 4 kinds, as y moneth of Peragra-  
tion, of Apparition, Medicinall, and the  
moneth of Consecration. The moneth of  
Peragracion is a space of time containing  
dayes

daves 27, houres 7, minutes 43, seconds 7, thirds 15, fourths 36, fifths 55. In which space the Mone runneth through the 12 signes of y<sup>e</sup> Zodiacke, and is called of some a yeare: of which yeares it is not much for one to live 1000. for 80 Solar yeares make as many within 40. But this Mone is accomplished certaine minutes sooner or later, according to her swift or slow motion.

The second is the Mone of Apparition, consisting of 28 daves, vulgarly divided into foure weekes.

The Mone Medicinall containeth (according to Galen,) 26 daves & a halfe, and is divided into foure weekes.

The last is the Mone of Consecution, being a space of time that y<sup>e</sup> Mone departing from conjunction with y<sup>e</sup> Sun, passeth round about y<sup>e</sup> circle of the Zodiacke, returning to y<sup>e</sup> point where she left the Sun, finishing her Mone of Peragracion; but finding y<sup>e</sup> Sun not there, because he is carried by his owne proper motion neere one signe farther, shee is forced to spend two daves, foure houres, 44 minutes, 3 seconds, & 16 thirds to overtake y<sup>e</sup> Sun, before she can come into conjunction againe: so y<sup>e</sup> this Mone is protracted unto 29 daves and a halfe,



## A Prognostication.

halfe, &c. and is called  $\dot{\text{y}}$  Moneth of Consecration: for that  $\dot{\text{y}}$  Moneth prosecutes to undertake the Sun.

Of the Lunar yeere, both common and extra. dinary.

**O**f Lunar yeares there be two kindes: the one is called in Latine Annus communis; the other Embolismalis. The common Lunar yeare is  $\dot{\text{y}}$  space of 12 Moneths (not Moneths) or changes which  $\dot{\text{y}}$  Latins call Lunations. It is called  $\dot{\text{y}}$  common yeare Lunar, in respect of his accord with the Solar yeare. For as the one containes 12 Moneths Lunar: so  $\dot{\text{y}}$  other consisteth of 12 Moneths Solar. The one hauing 365 daies, the other 354. (but in both there is omission of fractions) so that  $\dot{\text{y}}$  Solar yeare exceeds the common Lunar yeare, 11 daies, of which  $\dot{\text{y}}$  Epact is made. The yeare called Annus Embolismalis, is a space of 13 Moneths, containing 384 daies so that this yeare exceedeth the common Lunar yeare 30 daies & the Solar yeare 19 daies. It is called Embolismus, ab Embolismo, as Bisextilis is a bis & sex.

Of the Solar yeare, and the Etymology thereof, see the Etymology of the word. The Astronomers make many distinctions of this Solar yeare, which are not much



much needfull to be knowne, in respect of  
this Treatise. To be therefore short, the  
Solar yeare is a space of time that the Sun  
by his proper motion departing from some  
point in the Ecliptick, returneth to the same  
place againe: & this yeare Solar is eyther  
Astronomical, or Poetical; the Astronomi-  
call yeare is either Tropical, or Siderall;  
and the ropicall yeare is either equall or  
unequall. The Tropical yeare taketh his  
beginning from the Vernal Equinox, con-  
taining 365 dayes, 5 houres, 49 minutes,  
15 seconds, & 46 thirds: but the unequall or  
apparent Tropical yeare containes some-  
time more, as 365 dayes 5 houres, 56 mi-  
nutes, 53 seconds, & 1 third: And other  
times lesse as 365 dayes 5 houres 42 mi-  
nutes, 38 seconds & 27 thirds. And this  
unequality is made by the unequall pro-  
cession of the Equinoctiall points.

The Egyptians wanting the vse of let-  
ters, set forth the yeare like an Adder ea-  
ting her owne taile: so it may bee said,  
Annus ab Anguis a Snake. We may depaint  
the yeare by a Ring, in respect they both  
turne round in themselves: so may it bee  
called Annus from Annulus a Ring: for a  
motion in a Ring finished, beginneth a-  
gaine without end; and therefore Virgil,

## A Prognostication.

Anque in se sua per vestigia volvitur annus  
 Some call a yere Annus, ab innovatione, hie  
 because the strength & vertue of all beget-  
 table things is renewed; & are passed ouer it  
 by the course of time. It is called Annus  
 ab An; which is Circum; & so in, by reason  
 of the foresaid revolution of time.

A rule whereby a man may keepe him-  
 selfe in health.

If thou wilt keepe thee long in health,  
 keepe anger, wrath, & enuy, & giue thee to tri-  
 mirth in measure: trauaile soberly, so that  
 thou sweat not too much in the Summer,  
 and namely in the Canicular daies: sic all  
 manner of strong drinckes & hot spices,  
 burning meates, especially their excesse;  
 fast not too long at mozne, sup not too late  
 at night, eate not too hastily, nor ouer-  
 much at once; & that thou eatest cheere-  
 fully. Everytime thou eatest, rest a lit-  
 tle after: sleepe not after dinner, except in  
 May, June, July, & August. And yet the lesse  
 that thou sleepest then, the better it is.  
 To sleepe well in the waxing of y night,  
 and to be early vp in the morning is very  
 wholesome. And every day be ware of  
 mists, that none enter into thee fasting:  
 for thereof cometh great pestilences &  
 heat. And in great cold & pestilences, eate  
 much

much garlick euery day with 9 Saffron  
hiesues, & it will dothee much good. Eate  
enough in Winter, & in the Spring, but  
little in Summer. Looke that thy meate  
be well seasoned. In haruest beware of  
fruits, for they are not good, except they  
be giuen thee for medicine. Of all manner  
of meates boyled is the best. Eate not too  
many hot spices, nor eate but little at  
once: for better it were to eate seven  
times a day, then once thy fill. Flesh is  
more nourishing then fish: eate not too  
much sower meates, nor salt, for they  
will make thy bones sore: looke that thy  
drinke be not too new, nor too old. Sweet  
powdered meates be most wholesome. Of  
all things take measure, and no more: for  
in measure rests vertue.

*Cardanus in his Comment upon Ptolomy  
gives thee this counsell. fol. 715.*

**N**E predices tentanti, nec dubiam habenti, gene-  
sim, nec sine pretio, nec cum exiguo pretio, nec  
deridenti artem: nam vili pendatur in omnibus his  
Ars, daturq; errandi occasio, cum leuibus laboribus  
magna predicere conamur, & inuentu difficilia.

Thus in English Verse.

**F**Oretell him nought that tempteth thee,  
For he comes but in subtilty;

Nor

## A Prognostication.

Nor him that hath a doubtfull birth,  
For hee'l account thy skill noight worth,  
Without reward fore-shew thou naught;  
Nor yet for small price tell thou ought,  
Nor yet to him that scornes thy skill,  
For if he can, hee'l doe thee ill.  
For in all these Art's ill esteem'd,  
And th' Artisan often basely deem'd:  
And cause of errour hereby is geene,  
As oftentimes my selfe have scene,  
When with small paines we'goc about  
Great and hard matters to finde out

FINIS.

